



100% BC Owned and Operated

Let's Celebrate St. Patrick's Day and the Park's Anniversary

Join us in celebrating our Eighth Anniversary at Choices in the Park. Come in and enjoy the fun and refreshments from 11:00 am to 3:00 pm on Sunday, March 14th

Old Dutch Potato Chips



assorted varieties

2/5.00

235g • product of Canada

Knudsen Spritzers and Santa Cruz Organic Spritzers



assorted varieties

.59 354ml

+ deposit + eco fee while stock lasts

Danone Activia Yogurt Multipacks



assorted varieties

4.49

8x100g • product of Canada

Vicolo Cornmeal Crust Pizzas

assorted varieties

from 4.99

389-425g • product of USA

Breyers Double Churn Ice Cream



assorted varieties

6.99

1.66-1.89 L

Dewlands Juices



assorted varieties

from 1.99

1 L • product of South Africa

+ deposit + eco fee

Pastificio G. Di Martino Italian Pastas



assorted varieties

1.79

454g

Marinelli Real Italian All Natural Pasta Sauces

assorted varieties

2/7.00

740ml

Vital, Preventia or Celebration Cookies or Bars

assorted varieties

2.99

175-350g

Earth's Choice Organic Fair Trade Coffee



assorted varieties

9.99

400g

EnviroKidz Organic Cereals



assorted varieties

2.99

275-325g

So Nice Ryza Fresh Rice Organic Beverages



regular or vanilla

3.49

1.89L • product of BC

Bulk Department

Brookside Chocolate Covered Fruits and Nuts

20% off regular retail price

From Our Wellness Centre



Natural Factors Milk Thistle Bonus Bottle

19.99 150caps

Milk Thistle is a plant native to Europe. It has a long history of use as a folk remedy for liver and gallbladder disorders.



Jason Everyday Hair Care

6.39 473ml

No lauryl/laureth sulfates or paraben preservatives. Nourishes hair with vitamins A, B5, C, E and F.



Nature's Gate Organic Liquid Soaps

6.49 350ml

Gently cleanses skin while invigorating the senses - available in four uplifting fragrances.



greens+ Instant Smoothie A Day

19.99 256-269g

Give your favourite shake or smoothie an instant boost of complete protein, fibre, Omega 3 EFAs and green foods.

On Saturday, March 20, 11am to 4pm Choices Nutrition Team will host a Nutrition Day Event at all eight of our locations. Our nutrition team will be giving away resources on proper nutrition and healthy eating habits and will be available to answer any of your nutrition questions or concerns.

choicesmarkets.com

Kitsilano

2627 W. 16th Ave.
Vancouver
604.736.0009

Cambie

3493 Cambie St.
Vancouver
604.875.0099

Kerrisdale

1888 W. 57th Ave.
Vancouver
604.263.4600

Yaletown

1202 Richards St.
Vancouver
604.633.2392

Choices in the Park

6855 Station Hill Dr.
Burnaby
604.522.6441

Rice Bakery

2595 W. 16th Ave.
Vancouver
604.736.0301

South Surrey

3248 King George Blvd.
South Surrey
604.541.3902

Choices at the Crest

8683 10th Ave.
Burnaby
604.522.0936

Kelowna

1937 Harvey Ave.
Kelowna
250.862.4864
Note Area Code

Prices Effective March 11 to March 17, 2010. While quantities last.

From the Meat Department

Farmcrest Never Frozen
Roasting Chickens



**3.29lb/
7.25kg**



Corned Beef
3.99lb/8.80kg

Boneless Pork
Chops or Roasts



Centre Cut
3.99lb/8.80kg



Sirloin or Rib End
3.49lb/7.69kg



Ocean Kitchen Chilean
Wild Crab Meat
15.99 1 lb package

Grocery Specials

Stahlbush Island Farms
Frozen Vegetables



assorted varieties

1.99

300-400g • product of USA

Amy's Kitchen
Organic Refried Beans



assorted varieties

1.99

398ml • product of USA

Dairyland Sour Cream
fat free or light

1.99 500ml • product of Canada

Imagine Foods Organic Soups
assorted varieties

2.99 1 L • product of USA

Liberté Greek Plain 0% Yogurts
(including Liberté Organic 650 - 750g)

3.99 500 - 750g

Good Health Natural Veggie Chips or Stix
assorted varieties

3.99 170-227g • product of USA

Sol Cuisine Veggie Burgers
two varieties

3.99 364g • product of Canada

Luc Bergeron Organic
Maple Syrups



light, medium, amber or dark

from 9.99

500ml • product of Quebec

Celestial Seasonings Teas



select varieties

2/5.00 20 ct

Nature's Path Optimum Energy Bars
assorted varieties

.99 56g • product of BC

Rogers 5 Grain Granolas
assorted varieties

3.29 700-750g • product of BC

Gold Seal White Tuna
solid or flaked

1.69 170g

Healthy Way Bread
assorted varieties

2/7.00 570-600g • product of Canada

Echoclean Foaming Hand Soaps
assorted varieties

2.99 320-500ml • product of BC

Ecover Automatic Dishwasher Tablets

5.99 500g • product of Belgium

Produce



Romaine Lettuce
Certified Organic,
California Grown

.98 each



D'Anjou Pears
Certified Organic,
Washington Grown

.98lb/2.16kg



Yellow Peppers
Certified Organic, Imported

2.98lb/6.57kg



Navel Oranges
Certified Organic,
California Grown

2.98 4lb Bag



Large Size Whole Cauliflower

1.98 each



Strawberries
California Grown

5.98 2lb pkg

From the Deli

Celebrate St. Patrick's Day with a family sized

Lamb and Potato Pie

9.99 each reg 14.99

Cuddy Turkey Roasts



Oven Roasted, Dijon
or Sun Dried Tomato

2.49/100g reg 3.29

Irish Cheeses:

Dubliner Irish Cheddar

2.99/100g reg 4.29

Blarney Castle

2.99/100g reg 4.29

Irish Cheddar with Guinness

4.39/100g reg 5.69

From Our Bakery



Organic 60% Whole Wheat
Country French Baguette

2.49 280g



Organic Spelt Bread

4.99 454g



Carrot Cake

5.99 package of 3 portions



Blueberry Oatmeal Muffins

4.99 package of 6

Rice Bakery



Brown Rice Bread

4.99 454g



St. Patrick's Day Rice Gingerbread
and Sugar Cookies

2.49 package of 2



printed on 100% post consumer recycled paper
using vegetable inks

Not all items available at all stores.
We reserve the right to correct printing errors.